

SINUS INFECTIONS AND NATURAL WELLNESS

Sinus Infection, or sinusitis, is an inflammation of the sinuses and nasal passages. A sinus infection can cause a headache or pressure in the eyes, nose, cheek area, or on one side of the head. A person with a sinus infection may also have a cough, a fever, bad breath, and nasal congestion with thick nasal secretions. Sinusitis is categorized as acute (sudden onset) or chronic (long term, the most common type).

Anatomy of the sinuses (also called paranasal sinuses): The human skull bone contains 4 major pairs of hollow air-filled sacks, or cavities, called sinuses. These connect the space between the nostrils and the nasal passage. Sinuses help insulate the skull, reduce its weight, and allows the voice to resonate within it.

Frontal sinuses (in the forehead) **Maxillary sinuses** (behind the cheek bones)

Ethmoid sinuses (between the eyes) **Sphenoid sinuses** (behind the eyes)

The sinuses contain defenses against foreign bacteria (germs). If a disruption occurs that affects the normal host defenses inside the sinuses, those defenses may allow bacteria, which are normally present in the nasal passages, to enter any of the sinuses. Once there, the bacteria may stick to the lining cells and cause a sinus infection.

Acute sinusitis usually lasts less than 8 weeks or occurs no more than 3 times per year with each episode lasting no longer than 10 days. Chronic sinusitis lasts longer than 8 weeks or occurs more than 4 times per year with symptoms usually lasting more than 20 days. s

These sinuses are covered with a mucus layer and cells that contain little hairs called cilia on their surface. These help trap and propel bacteria and pollutants outward. The ostiomeatal complex (OMC) connects the nasal passage to the paranasal

Sinus Infection Causes

Acute sinusitis usually follows a viral infection in the upper respiratory tract, but allergens (allergy-causing substances) or pollutants may also trigger acute sinusitis. A viral infection causes damage to the cells of the sinus lining. This damage leads to inflammation. The lining thickens with fluid that obstructs the nasal passage. This passage connects to the sinuses. The obstruction disrupts the process that removes bacteria normally present in the nasal passages, and the bacteria begin to multiply and invade the lining of the sinus. This causes sinus infection symptoms. Allergens and pollutants produce a similar effect.

Bacteria that normally cause acute sinusitis are *Streptococcus pneumoniae*, *Haemophilus influenzae*, and *Moraxella catarrhalis*. These microorganisms, along with *Staphylococcus aureus* and anaerobes (bacteria that live without oxygen), are involved in chronic sinusitis.

Fungi are also becoming an increasing cause of chronic sinusitis, especially in people with diseases that weaken the immune system, such as AIDS, leukemia, and diabetes.

Sinus Infection Symptoms

Signs and symptoms of sinus infections depend upon which sinuses are affected and whether the sinus infection is acute or chronic.

Acute sinusitis:

- Ethmoid sinusitis (behind the eyes)
- Nasal congestion with discharge or postnasal drip (mucus drips down the throat behind the nose)
- Pain or pressure around the inner corner of the eye or down one side of the nose
- Headache in the temple or surrounding the eye
- Pain or pressure symptoms worse when coughing, straining, or lying on the back and better when the head is upright

Maxillary sinusitis (behind the cheek bones)

- Pain across the cheekbone, under or around the eye, or around the upper teeth
- Pain or pressure on one side or both
- Tender, red, or swollen cheekbone
- Pain and pressure symptoms worse with the head upright and better by reclining
- Nasal discharge or postnasal drip
- Fever common

Frontal sinusitis (behind forehead, one or both sides)

- Severe headaches in the forehead
- Fever common
- Pain worse when reclining and better with the head upright
- Nasal discharge or postnasal drip

Sphenoid sinusitis (behind the eyes)

- Deep headache with pain behind and on top of the head, across the forehead, and behind the eye
- Fever common
- Pain worse when lying on the back or bending forward
- Double vision or vision disturbances if pressure extends into the brain
- Nasal discharge or postnasal drip

Chronic sinusitis:

Ethmoid sinusitis

- Chronic nasal discharge, obstruction, and low-grade discomfort across the bridge of the nose
- Pain worse in the late morning or when wearing glasses
- Chronic sore throat and bad breath
- Usually recurs in other sinuses

Maxillary sinusitis

- Discomfort or pressure below the eye
- Chronic toothache
- Pain possibly worse with colds, flu, or allergies
- Increased discomfort throughout the day with increased cough at night

Frontal sinusitis

- Persistent, low-grade headache in the forehead
- History of trauma, damage or infection to the sinus area

Sphenoid sinusitis

- Low-grade general headache common

A person should begin **Snuffy Sinus Care** when experiencing pain or pressure in the upper face accompanied by nasal congestion or discharge, postnasal drip, or ongoing bad breath that is unrelated to dental problems. Fever can be a symptom of a sinus infection or a cold. A person experiencing simple congestion with a low-grade fever probably has a cold. Those also experiencing facial pain or headaches may have a sinus infection.

If sinusitis is left untreated, complications of sinusitis can occur that may lead to severe health problems and possibly death. The following complications are health problems that require immediate attention with **Triple Tincture, Snuffy, Hydrotherapy and Cleansing of Liver and Kidneys**

Headache, fever, and soft tissue swelling over the frontal sinus may indicate an infection of the frontal bone, called Pott puffy tumor or osteomyelitis. Usually, this complication is limited to children.

Infection of the eye socket may result from ethmoid sinusitis. The eyelid may swell and become droopy. Fever and severe illness are usually present. A person with this infection may lose the ability to move the eye, and permanent blindness may result.

Ethmoid or frontal sinusitis may also cause the formation of a blood clot in the sinus area around the front and top of the face. Symptoms may be similar to those of eye socket infection with the addition of a fixed and dilated pupil. This condition usually affects both sides of the face.

If a person experiences mild personality changes, headache, altered consciousness, visual problems, or seizures, infection may have spread to the brain. Coma and even death can follow.

Instructions for using Snuffy Sinus Care

Place a small amount of the powder, about the size of half a pea, on your hand. Hold directly under one side of nose and slowly, forcefully and as

long as possibly, or as deep as possibly snuff up the powder gradually but with enough force to get the powder up deep into the sinuses behind your eyes.

Do not blow nose for as long as possible. Keep a cold wet washcloth handy for placement on the hot areas, ie behind the neck, ears, or over the nose. This is not a painful experience, but it is intense. The relief is worth it. It is both healing & cleansing to sinuses, brain, and ears, even if there has been infection for years. The infection, pain, pressure and other symptoms will go away. Use as often as needed to keep symptoms gone, or until well. You will need to do a maintenance regime periodically or you will want to take Snuffy three times a day for a few days anytime you feel the symptoms possibly coming back upon you. Healing time may take months to a few years depending upon how much concentrated effort you put into the healing therapy directed at your sinuses.

WHAT TO DO: In connection with the **Snuffy Sinus Care** powder that you will snuff up each side of your nose, you will also need to do a week of **Triple Tincture** taking 6 droppers full three times a day in hot water making it a tincture tea. Triple Tincture speeds up the process profoundly in eradicating the infection. **Contrast showers** daily to the sinuses until well, and periodically thereafter. Also, **FulvaLife Fulvic Acid** chelates the microorganisms and acts as an antibacterial, antiviral; it gets the toxic protein die off out of the system. It will speed healing by repleating the system with minerals, and this also helps to make a stronger immune system, bone growth, electrolyte balance, and aides in detoxifying the system. Dense nutrition like **SuperOneFood, Green Smoothies, and Fresh Squeezed veggie juice**, are a must for rebuilding the nasal barriers and passage way linings. Happy Healing! You will kiss the ground Snuffy Sinus Care was made on...another one of these God things.